

A few reminders to our athletes...

Please be on deck, changed (bathing cap on if needed) and ready to go in the water when practice begins. This means that you need to have finished your stretching, used the washroom and taken care of any other business **before** practice begins. Valuable practice time is lost when we wait for people to get ready or suddenly have athletes disappearing into the washroom in the middle of their workout.

Parents: Seeing as most kids still need you to drive them to the pool, please allow sufficient time for your child to get ready for their practice by getting them to the pool early.

Bring water. Lots of water, and ideally filtered or spring water. Please invest in a large, unbreakable water bottle, put your name on it in permanent marker and bring it out on deck with you. Water polo players sweat an extraordinary amount during the course of a practice and need to replenish these fluids properly. It is also important to have a glass of water both before and after your practice as well.

Let your coaches know if you have any injuries or need help with stretches or exercises before practice. Water polo can be hard on the body (especially if you haven't prepared properly for your practice or game) and stresses, strains & injuries can occur. All the coaches are experienced players and will be happy to help out where possible.

Parents: It is not a coach's duty to treat injuries but occasions arise where a coach might assist an athlete with their stretches or exercises. Please let the coaching staff know if you do not consent to allow them assist you child in this manner.

Please remember to collect your water bottles, goggles, towels, clothing, swim bag and other personal items after practice. Your parents won't be too happy if they're always replacing lost items and it is our responsibility to keep the pool and locker room clean and tidy.

Tip: Put your name on your goggle's strap in ball point pen. It's amazing how easily goggles can disappear and having your name on them will greatly increase the chances of their return to you.

Let's get the season off to a great start, make full use of our pool time and keep our athletes healthy.